

NOTES FROM THE MEDICAL PRESS

IN CHARGE OF
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ARTIFICIAL FEEDING OF INFANTS.—Dr. Rotch, who is perhaps one of the greatest authorities on this subject in America, says in the *Journal of the American Medical Association*:

"When it is desired to carry out milk modification at home, the greatest efforts should be made to procure fresh milk of uniform character. As soon as it is obtained it should be put into a quart fruit-jar on which the top should be fastened tightly. The full jar must be kept for the next six hours constantly tight at a temperature of approximately 35° F. At the end of this time the cream will be at the top of the jar. If the upper fourth is now separated from the rest, the needed cream and skimmed milk will be obtained. This separation, according to Davis, is best accomplished by siphoning off twenty-four ounces, or three-fourths, from the bottom of the jar. The upper fourth, amounting to eight ounces, is left in the jar.

"By observing the foregoing method of separating the milk and cream, any intelligent person can prepare the infant's food by the following table advised by Rotch, which is revised to correspond approximately with the above percentages:

	OUNCES				
	Cream.	Milk.	Lime water.	Distilled water.	Milk sugar.
First week	2	2	1	15	2
Second and third weeks.....	5	0	1	14	2½
Fourth to eighth week.....	7	1	1	11	2½
Two to five months.....	8	0	1	11	2¾
Five to eight months.....	8	2½	1	8½	2½
Eight to nine months.....	8	5	1	6	2½
Nine to ten months.....	8	7½	1	3½	2
Ten to ten and a half months...	8	8	1	3	¾
Ten and a half to eleven months.	8	12	0	0	0

"These proportions give twenty ounces to each mixture. Sufficient should be prepared to last twenty-four hours and divided into the required number of feedings. These should be stoppered with antiseptic cotton and placed in a clean refrigerator.

"For premature infants the following formulæ should be used:

Age (when born)	Fat.	Sugar.	Proteld.	No. of meals.	Amt. at each feeding.
Twenty-eight weeks	1.00	3.00	0.50	24	1 dram
Twenty-nine to thirty-two weeks...	1.50	4.00	0.50	24	2 drams
Thirty-two to thirty-six weeks...	1.50	5.00	0.75	24	3 drams
Thirty-six weeks and over.....	2.00	5.50	1.00	24	4 drams

"Holt recommends the following formulæ for infants two months old, taking twenty-four ounces a day.

R	Top milk.....	℥ viii	240
	Barley-water	℥ xvi	480
	Milk sugar	℥ vi	24
Or	Cane sugar.....	℥ iv	16

"The foregoing formula may remain the same until the sixth or seventh month, when the following mixture may be substituted:

R	Top milk	℥ xix	570
	Barley-water	℥ xix	570
	Milk sugar	℥ ix	36
Or	Cane sugar.....	℥ v	20

A NEW LAXATIVE.—The *Philadelphia Medical Journal*, quoting from one of its German exchanges, says von Hüsslin finds purgative possesses many advantages as a laxative. The patient does not become accustomed to it; it usually produces a soft movement, even when there has been much fecal impaction, and small doses serve to keep the intestines in good condition. The regular dose is about one gramme (about fifteen grains), taken at night, but as a persistent laxative half a gramme is often sufficient. The only objection is, it often takes twenty-four hours to act.

PREMATURE INFANTS.—The same journal, quoting from the *Journal des Praticiens*, says premature infants need heat, a warm room, hot baths, and hot bottles. They should be nursed regularly and given water between nursings. If the temperature remains low, an incubator becomes necessary. For gastro-enteritis lactic acid and alkalies are indicated, never salol, opium, or bismuth. Enteroclysis may do good. In dyspepsia the milk should be diluted. In thrush use an alkaline mouth-wash. Oxygen and artificial respiration are to be used for asphyxia and atelectasis (failure of the lungs to expand). Hot baths and stimulants are indicated in jaundice, pneumonia, œdema, biliary infection, etc., but injections of normal salt solution and blisters are never to be given.

THE KING'S NURSES.—The nurses who took care of the King of England during his late illness were nurses who had been trained at the London Hospital.

EFFECT OF REST UPON SEPTIC INFECTION.—In an interesting article in *American Medicine* A. J. Ochsner says that although it is generally theoretically admitted that absolute rest is a most important part of the treatment of septic infections, he has observed that in practice this condition of rest is but rarely secured, and but seldom systematically striven for, except in the treatment of inflamed joints. He reviews the history of fifty-two cases of infection of the hand treated in hospital and extending over three years. In all these fifty-two cases there was not a single death, although many of the patients were brought to the hospital in a very septic condition, with high temperature and pulse and frequently delirious. All those who came under treatment before incisions had been made recovered without deformity or stiffness of the fingers. The treatment consisted in obtaining as nearly as possible perfect rest for the extremity, by placing the patient in bed, applying a large dressing composed of sterile gauze and absorbent cotton saturated with a mild antiseptic solution, the solution

employed most commonly being hot saturated solution of boric acid, to which one-third, by volume, of strong commercial alcohol had been added. The whole dressing was covered with oiled silk or rubber cloth. Even in cases in which only the end of a finger was involved the entire arm to the shoulder was included in the dressing, making motion of the extremity almost impossible. The author says that although the hot, moist antiseptic dressings are probably beneficial in themselves, he is positive that the enforced rest is of equal value. In proof of this he observed frequently that an examination accompanied with much manipulation would invariably result in an increase in the affection, and that unnecessary movements during the changing of dressings would result in the same increase in the septic conditions. What is true in the case of infection of a finger-tip is also true of infection of any other part, and the same principle obtains in acute peritonitis resulting from infection from the vermiform appendix, the Fallopian tube, the gall-bladder, or an ulcer of the stomach. During the war in South Africa the surgeons found that in penetrating wounds of the abdomen, if the patient were wounded while hungry and no food were given by mouth, quite a large proportion recovered, while of those in whom the alimentary canal was not kept absolutely at rest none recovered. The writer concludes his paper by saying that many other instances of this principle can be mentioned, such as the result of strapping in the treatment of mastitis during the beginning of the attack, the use of the splint or plaster-of-Paris casts in inflamed joints, strapping of the chest with rubber adhesive straps in pleurisy, or bandaging the eyes in conjunctivitis; in short, that absolute rest should be the corner-stone in the treatment of all forms of inflammatory conditions in any part of the body.

HOW NOT TO BE NERVOUS.—Dr. Hugh T. Patrick, of Chicago, delivered an address on this subject at a meeting of the Mississippi Valley Medical Association. He laid much stress on prophylaxis. For preventing nervousness in children, or removing it when present, the mind and body should be toughened. Tough muscles, strong lungs, and a vigorous digestion, the ability to stand changes of temperature and endure pain, enable a child to withstand nervousness. The child who could support disappointment, be crossed without a tantrum, and who habitually obeyed had a bulwark against nerves. To procure this toughness a certain exposure to mental hardship and bodily discomfort is necessary.

In adults a large proportion of nervousness is caused or helped by misdirected energy, misplaced worry, longing for baubles, the fighting of phantoms, etc. To recognize the important things in life was one of the most difficult tasks of judgment for any individual. In conclusion he said: "If you wish never to be nervous, live with reason, have a purpose in life and work for it, play joyously, strive for the unattainable, never regret the unalterable; be not annoyed by trifles; aim to attain neither great knowledge nor great riches, but unlimited common-sense; be not self-centred, but love the good and thy neighbor as thyself."

